

COMMUNITY GROUPS/WORKSHOPS/MEETINGS

Due to the Pandemic, many groups are meeting virtually. Please reach out to the contact person to confirm and to receive an invite to join virtually.

Every Tuesday—Full Circle Recovery Center Learn to Cope. Learn to Cope (LTC) is a support group for parents, family members, spouses, and caregivers with a loved one who is struggling with addiction to opiates, alcohol, or other drugs. Meetings are held Tuesdays from 7 PM to 8:30 PM at Full Circle Recovery Center located at 3261 Georgia Road, Franklin, NC. LTC offers compassionate, experienced facilitators who have been there, support, resources, educational material, and guest speakers who are in long term recovery or professionals in the field. For more information, please contact Stephanie Almeida at 828-475-1920.

Every Tuesday—Sober Mommies—Motherhood group meeting every Tuesday (except holidays) at 10 am at First United Methodist Church located at 566 S Haywood St, Waynesville. For more information please contact Nicole Ross at 828-209-88220 or Nicole.ross@sobermommies.com.

Every Wednesday—Moms to Moms—meets at Methodist Church in Andrews from 12 pm to 2 pm. For more information please contact Barbara Matteson at 828-837-3460.

Every Thursday—Moms in the Mountains—meets at 3765 E Alt Hwy 64, Murphy from 10 am – 11:30 am. For more information please contact Barbara Matteson at 828-837-3460.

Every Thursday—NAMI Connections. Starting at 7 PM combination support group. Held at First Methodist Church Outreach Center located at the intersection of Harrison and W Main Sts, Franklin. This meeting is hosted by NAMI Appalachian South and a mixed group of family members and individuals with mental illness. The group focuses on support, education, resources, and advocacy. For more information contact Donita at or 828-526-9510 or Ann at 828-369-7385.

Every Sunday—Addiction Recovery Program Group Meeting—starting at 6:30 to 8 PM at the Waynesville Church of Jesus Christ of Latter-day Saints located 68 Foxwood Dr, corner of Foxwood and 209 (entrance to Foxfire Estates off of 209). For more information contact Mary Ann Widenhouse at 828-779-1923.

Last Monday of each month—Rutherford County Chapter of the Autism Society of NC meeting. Group meets last Monday of the month except July and August from 6 pm – 7:30 pm. Provides a place for families of children and adults with autism to meet, share, and learn about autism. Please check the Facebook page or send an email for location information. For planning purposes, an RSVP is requested however not required to rutherford@autismsociety-nc.org or <https://www.facebook.com/groups/asnc.rutherford/>.

First and Third Mondays of each month—DIOM (Drugs in our Midst) Family Support Group—Starting at 6:30pm at the conference room at Haywood County Sheriff's Office. Our purpose is to bring persons who have loved ones experiencing Substance Use Issues together. We support them, provide resources information, and share experiences and ways to make it work for you and your loved one. We pray together, cry together, and love each other. This is a faith-based program provided free for those who need our support. For more information contact Jean Parris at jeankparris@gmail.com.

First Tuesday of each month—Madison County Chapter of the Autism Society of NC meeting. Group meets first Tuesday of each month from 4 – 5:30 pm at Madison Middle School located at 95 Upper Brush Creek Rd, Marshall. Provides a place for families of children and adults with autism to meet, share, and learn about autism. For planning purposes, an RSVP is requested however not required to madisonchapter@autismsociety-nc.org or <https://www.facebook.com/groups/asnc.madison/>.

First Tuesday of each month—Jackson/Swain/Qualla Chapter of the Autism Society of NC—Family Support Network of Region A Caregiver Group Meeting. November's meeting will be starting at 6:00 PM at ~~Swain County Administration Building, 50 Main St, Bryson City~~ in conference rooms A/B. This group focuses on families raising a child with a special need. Caregivers share their experiences to help strengthen other caregivers. **September through May.** During COVID pandemic, the meeting is virtual through the TEAMS platform. RSVP is required. For more information and the link to join, contact Jody at jmiller@regionakids.org or 828-506-6111 or <http://www.facebook.com/groups/asnc.jackson.swain.qb>

First Wednesday of each month—Cherokee County Caregiver Group Meeting. Starting at 9 AM at ~~Region A Partnership for Children's Murphy office located at 141 Peachtree St, Suite 5, Professional Building, Murphy.~~ This group focuses on families raising a child with a special need. Caregivers share their experiences to help strengthen other caregivers. **September through May.** During COVID pandemic, meeting is virtual through the TEAMS platform. RSVP is required. For more information and the link to join, contact Jody at jmiller@regionakids.org or 828-506-6111.

First Friday of each month—Jackson County Caregiver Group Meeting. Starting at 10 AM at the ~~Children's Developmental Services Agency located at 87 Bonnie Lane Sylva.~~ This group focuses on families raising a child with a special need. Caregivers share their experiences to help strengthen other caregivers. **September through May.** During the COVID pandemic, meeting is virtual through the TEAMS platform. RSVP is required. For more information and the link to join, contact Jody at jmiller@regionakids.org or 828-506-6111.

First Saturday of each month—Macon County Chapter of the Autism Society of NC meeting. Group meets the first Saturday of each month from 4 pm - 5:30 pm. Provides a place for families of children and adults with autism to meet, share, and learn about autism. Held at Bethel United Methodist Church located at 81 Bethel Church Rd, Franklin. For planning purposes, an RSVP is requested but not required to maconchapter@autismsociety-nc.org or <https://www.facebook.com/groups/asnc.macon/>

Second and Fourth Monday of the Month—Adoptive Parent Support Café "Support and Encouragement in the Parenting Journey". 6 pm to 7 pm. This is an opportunity to join forces and learn with a unique group of like-minded adoptive parents, who want to share what they have learned and experienced, in every area of their parenting journey. Having the support and ideas from other focused and driven adoptive parents, allows us to see things differently, to get a new perspective on actions, get needed support, and helps everyone grow to a new level! Facilitated by Joe Barkowitz and Ron Stier. Together, we can learn from each other how to thrive, and not just survive, during difficult times. For virtual joining information send an email to Ron Stier at rwstier@chldrenshopealliance.org.

Second Mondy of each month—Haywood County Caregiver Group Meeting. Starting at 6 PM at the ~~Region A Partnership for Children's Waynesville office located at 367 Dellwood Rd, Waynesville.~~ This group focuses on families raising a child with a special need. Caregivers share their experiences to help strengthen other caregivers. **September through May.** During the COVID pandemic, meeting is virtual through the TEAMS platform. RSVP is required. For more information and the link to join, contact Jody at jmiller@regionakids.org or 828-506-6111.

Second Tuesday of Each Month—Grief Support Group—For individuals who have lost a loved one to the drug crisis--Do you have a family member, friend or loved one *struggling* with addiction (Substance Use Disorder)? Have you or someone close to you *lost* a child or loved one to the drug crisis? Are you searching for hope and understanding? Would it help if you had someone to talk with or even a shoulder to cry on? Would you benefit from peer-generated fellowship, outreach and support? We are **The SHARE Project** and we are

here for you and others like you! We have walked miles in your shoes, are fighting your same battles and have cried your same tears. We have learned that power comes in unity, there is strength in numbers and together we can make a difference! We are working to strip the shame and stigma from the drug epidemic so ordinary people caught up in this extraordinary crisis have a safe place to land. We want you to know that **WE DO UNDERSTAND** and **YOU ARE NOT ALONE!** Due to Covid closings, please check our website for time and location. <https://theshareproject.org/upcoming-events/>

Second Tuesday of each month—Cherokee County Chapter of the Autism Society of NC meeting. Group meets the second Tuesday of each month from 6 – 7:30 pm at Kids in Stride located at 2810 Us64, Suite 2, Murphy. Provides a place for families of children and adults with autism to meet, share, and learn about autism. For planning purposes, an RSVP is required but not required to hbridges@autismsociety-nc.org or <https://www.facebook.com/groups/asnc.cherokee/>

Third Tuesday of Each Month—Outreach Support Group—For individuals who have a loved one suffering from addiction--Do you have a family member, friend or loved one *struggling* with addiction (Substance Use Disorder)? Have you or someone close to you *lost* a child or loved one to the drug crisis? Are you searching for hope and understanding? Would it help if you had someone to talk with or even a shoulder to cry on? Would you benefit from peer-generated fellowship, outreach and support? We are **The SHARE Project** and we are here for you and others like you! We have walked miles in your shoes, are fighting your same battles and have cried your same tears. We have learned that power comes in unity, there is strength in numbers and together we can make a difference! We are working to strip the shame and stigma from the drug epidemic so ordinary people caught up in this extraordinary crisis have a safe place to land. We want you to know that **WE DO UNDERSTAND** and **YOU ARE NOT ALONE!** Due to Covid closings, please check our website for time and location. <https://theshareproject.org/upcoming-events/>

Third Tuesday of each month—Haywood County Chapter of the Autism Society of NC meeting. Group meets third Tuesday of each month from 6 pm – 7:30 pm. Provides a place for families of children and adults with autism to meet, share, and learn about autism. Held at Three Oaks Studio located at 59 Pigeon St, Waynesville. For planning purposes, an RSVP is requested but not required to haywoodchapter@autismsociety-nc.org or <http://www.facebook.com/groups/asnc.haywood>

Third Thursday of each month—Grandparent/Caregiver Info/Support Group—Are you a grandparent or family caregiver of a child? Or children?? Do you sometimes wonder how many people are in the same boat? Do you ever think “Things have changed since I grew up” and feel you could use information and support? Clay County Schools is offering an opportunity for caregivers to connect, identify helpful information/resources needed for grandparents/caregivers and for them to support each other. If interested in attending the Grandparent/Caregiver Info-Support Group please RSVP to Terri Hager, Outreach Worker for Clay County Schools at 828-389-8586 ext. 4225 or cell: 828-361-2776. Please leave a message. Childcare/snacks provided. Location is Hayesville Elementary School/Media Center from 3:30 – 4:45 pm. Park AFTER 3:20 at HES Parking Circle.

Third Thursday of each month—Buncombe County Chapter of the Autism Society of NC meeting. Group meets third Thursday of the month from 6:30 pm – 8 pm. Provides a place for families of children and adults with autism to meet, share, and learn about autism. Held at First Baptist Church located at 5 Oak St, Asheville. For planning purposes, an RSVP is requested but not required to buncombechapter@autismsociety-nc.org or <http://www.facebook.com/groups/asnc.buncombe>

Third Friday of each month—Moms’ Connection—Meets at Good Shepherd Episcopal Church located at 495 Herbert Hills Dr, Hayesville from 10 am to 12 pm. Offers support, fun activities, parenting tips, friendship,

encouragement and good adult conversation for all moms—moms, expectant moms, grandmothers, and caregivers. Children from 0-5 will join other children in the nursery with trained volunteers. Free childcare. For more information contact Susan Gray at 828-361-7175. Visit the Facebook page at [momsconnectionhayesville](https://www.facebook.com/momsconnectionhayesville).

Fourth Monday of each month—Adolescent Support Group for Chronic Medical Conditions 4 PM – 5 PM.

Are you a teenager with a medical condition? Do you wish that you could talk to others in similar conditions? This group will be a welcoming, non-judgmental, safe place for you to share your experiences and struggles, laugh with each other, and build a sense of community. Group will meet in the Reuter's Outpatient Building of Mission Children's Hospital, in the Chapel. Participants must have a current Mission Outpatient provider. For more information contact Sarah Kirkpatrick at 828-213-1869 or Sarah.kirkpatrick@msj.org.

Smart Start (SS) / Local Interagency Coordinating Council (LICC) Team Meetings—Cherokee County meets the 1st Wednesday of each month starting @ 1:00 PM; Clay County meets the 1st Thursday of each month starting @ 1:30 PM; Graham County meets the 2nd Thursday of each month starting @ 9:30 AM; Haywood County meets the 3rd Wednesday of each month starting @ 10:30 AM; Jackson County meets the 2nd Wednesday of each month starting @ 12 noon; Macon County meets the 4th Thursday of the month starting @ 12 noon; and, Swain County meets the 2nd Tuesday of each month starting @ 10:00 AM. Holidays and weather may cancel the meeting. For more details contact Jody Miller at jmiller@rapc.org.

Monday through Friday—Car Seat Clinic—8 am – 4 pm (closed for lunch 12 pm – 12:45 pm). Held in the Beloved Women and Children's Building (73 Kaiser Wilnoty Rd, Cherokee). Must have correct amount. Child must be present. EBCI enrollment card (parent or child). Car seats cost \$20 for infant, convertible, combination, or high back booster. Questions about clinic or car seats please contact Savannah Farmer at 828-359-6216.

A Monday of the Month—Macon County Support Group for Foster/Adoptive Caregivers—Meets from 6 pm – 8 pm at the Watauga Baptist Church located at 658 Watauga Church Rd, Franklin. Open to all foster/adoptive caregivers. Entrée is provided and attendees bring a covered dish to share. For more information and to find out what Monday the meeting for this month is going to be contact Stacey Messer at Macon DSS at 828-349-2124.

Each Monday--NCDHHS COVID-19 Update Call for Members, Families and Stakeholders 2 pm – 3 pm--Each Monday at 2:00 p.m. Toll-Free: 877-336-4441 Access Code: 9264293 The Division of MH/DD/SAS and Division of Health Benefits (NC Medicaid) remain committed to working hard to assess service gaps, create and amend policies, and direct funding into service areas that will be impactful in preventing the interruption and delay of behavioral health and intellectual/developmental disability services during this challenging time. This weekly call is for consumers, family members, and community stakeholders ONLY. If you are a provider who joins the call, please allow consumers, family members, and community stakeholders to ask their questions. Provider questions will be answered during the regularly scheduled NC Providers call. As new information emerges and guidance is created to respond quickly and proactively to COVID-19, please continue to get up-to-date information at the NC DHHS COVID-19 webpage. Additional resources for submitting questions and requests for information: Send an email with your question or comment to: BHIDD.COVID.Qs@dhhs.nc.gov or visit the NC DHHS website and click on this link to submit BH and IDD questions via an online portal.

NAMI (National Alliance on Mental Illness) Affiliates are offering virtual NAMI programs. These include NAMI Family Support Groups—meetings of family members, caregivers, friends, and loved ones of individuals living with mental illness. Participants can talk frankly about their challenges and help on another through

their learned wisdom; NAMI Connection Recovery Support Groups—peer-based mutual support groups that meet for 90 minutes of safe, confidential personal sharing in a flexible group setting. The groups are open to any adult living with a mental illness and are designed to connect, encourage, and support participants using a structured support group model. The meetings are led by trained Support Group Facilitators living in recovery themselves; Support Group for Stress and Anxiety—open to both peers and family members and focuses primarily on stress, anxiety, and depression; Who Cares for the Caregivers?—trauma, anxiety, stress, and self-care support group for caregivers and friends of those with mental health conditions; Family-to-Family education program—a free, 8 session course taught by two trained volunteer teachers who themselves have a family member or loved one with a mental illness; NAMI Peer-to-Peer education program—free, 8 session educational program for adults with mental illness who are looking to better understand their condition and journey toward recovery; and, NAMI Basics education program—a free 6 week education program for parents and family caregivers of children and teens who are experiencing symptoms of a mental illness or who have already been diagnosed. You'll learn the facts about mental health conditions and how best to support your child are home, at school and when they're getting medical care. For details on which affiliate and when the program is being offered click on this link for details and emails as you will need to register with that affiliate: <https://naminc.org/programs/virtual-programs/>.

October, 2020—10th Annual Regional Transition into Adulthood Conference-- What happens next? Post-secondary Education, Work? A Journey toward Independence: Positive Outcomes for Youth With Intellectual/ Developmental Disabilities. Sessions will be held throughout the month of October, 2020 on Monday's and Thursday's from 12 pm to 1:30 pm or 6:30 pm to 8 pm. Sessions are listed below. Registration will be required to attend! Registration link <https://rb.gy/dgtpyg>. For more information or a brochure contact Kerri.eaker@hcahealthcare.com or 828-213-0047.

October 1, 2020—Overdose Prevention Town Hall—Virtual Community Event—6 to 7 pm. Join us as we hear from candidates in the NC House 118+119 races and the 30th Judicial District race on the topic of Overdose Prevention. Down Home in partnership with The SHARE Project, North Carolina Harm Reduction Coalition, Project Closet Door, Rez Hope, and Western North Carolina Homelessness Coalition will release and share data on the reality of overdose in Jackson and Haywood counties, get candidates educated on our platform issues related to ending overdose, and get candidates on the record for their stances related to ending overdose. Click this link to register, <https://www.mobilize.us/downhomenc/event/324435/>.

October 5, 2020—Get the SCOOP on Compassion—11:30 am to 12:30 pm. As people, we are generally taught about compassion at an early age, but how many of us practice self-compassion or dive deeper into what it means to be compassionate for others? In our moments of deepest stress, why is it important to show ourselves compassion and empathy? This virtual event, will give participants an overview of compassion and empathy, what compassion for ourselves and others really means, a toolbox for cultivating compassion during challenging times, and how compassion and community care are intricately connected to overall wellbeing and stress management. Register to join: <https://tinyurl.com/SCOOP-Compassion>. Get the #SCOOP4Stress with the NC DHHS DMHDDSAS Stress Management Series. Contact the Community Engagement & Empowerment Team at CEandE.Staff@dhhs.nc.gov for more information.

October 5, 2020--10th Annual Regional Transition into Adulthood Conference—Did You Know Your Adult Children With Disabilities Can Live On Their Own?—6:30 pm – 8 pm. Does your young adult dream to live on their own or at least out of their parents' home? This session will provided information on what options are available for that dream to come true. Greta Byrd, Liberty Corners, Janet Price-Ferrell, My FIRST Key Program, and Cameron Kempson, M.Ed., SimplyHome, LLC. Registration will be required to attend! Registration link <https://rb.gy/dgtpyg>. For more information or a brochure contact Kerri.eaker@hcahealthcare.com or 828-213-0047.

October 6, 2020—Permanent Supportive Housing Online Training—8:30 am to 1 pm-- This online training will support CST providers by improving their understanding and practice of the Permanent Supportive Housing model. This will be a 4 day training (October 6th, 7th, 13th and 14th) broken down into 4 hour segments. Full attendance is required for all 4 days to receive credit. Click this link for information and to register, <https://www.vayahealth.com/event/permanent-supportive-housing-online-training-2/>.

October 8, 2020--10th Annual Regional Transition into Adulthood Conference—What is the Right Choice for My Young Adult Guardianship, or an Alternative Option—12 pm – 1:30 pm. Often guardianship is not necessary to meet the needs of an individual who is having difficulty handling his or her personal and financial affairs. There are alternatives that provide supports for the person or for substitute decision making authority in specific areas, and these should be used instead of guardianship whenever possible. Jean Farmer-Butterfield, Senior Director, LIFEguardianship, The Arc of North Carolina. Registration will be required to attend! Registration link <https://rb.gy/dgtpyg>. For more information or a brochure contact Kerri.eaker@hcahealthcare.com or 828-213-0047.

October 8, 2020--10th Annual Regional Transition into Adulthood Conference—Benefits Counseling--6:30 pm – 8 pm. If your son or daughter are receiving Social Security Benefits (SSI or SSDI). And they want to work but you are concerned about what will happen to their benefits and health care if they do work? This session is for you! Did you know in most cases, people on Social Security Disability benefits are financially better off if they work – as long as they understand the work incentives? Amy Upham, Owl Eye Counseling. Registration link <https://rb.gy/dgtpyg>. For more information or a brochure contact Kerri.eaker@hcahealthcare.com or 828-213-0047.

October 12, 2020--10th Annual Regional Transition into Adulthood Conference—Voting 2020—12 pm – 1:30 pm. This presentation will cover basic information and issues about voting in the (very soon!) November 2020 election. Topics covered include access to voting, voting advocacy, and mail-in voting vs. in person voting. Melinda Plue, MSW, LCSW, Director of Advocacy and Chapter Development, The Arc of NC. Registration will be required to attend! Registration link <https://rb.gy/dgtpyg>. For more information or a brochure contact Kerri.eaker@hcahealthcare.com or 828-213-0047.

October 12, 2020--10th Annual Regional Transition into Adulthood Conference—Are You Thinking College After High School?—6:30 pm – 8 pm. This session will give you an overview of different programs that are available in our regions. Along with students sharing their experiences in the programs. Angela Biggs, Coordinator, UP Western Carolina University, Maria C.G. Hofman Hernandez, M.F.A., Assistant Director, Scholars with Diverse Abilities Program (SDAP). Registration will be required to attend! Registration link <https://rb.gy/dgtpyg>. For more information or a brochure contact Kerri.eaker@hcahealthcare.com or 828-213-0047.

October 13, 2020—Question, Persuade, Refer (QPR) Suicide Prevention Online Training. 2:30 – 4:30 pm. Suicide is a leading cause of death in the United States. During this global pandemic when fear, anxiety, and depression are heightened for many people, thoughts of suicide may be more common. It's critical to know about available support strategies. Vaya Health's Provider and Community Education Team is offering free, web-based Question, Persuade, Refer (QPR) suicide prevention trainings twice monthly through December 2020. To register for an upcoming QPR training, email Kelly Wolf, Provider and Community Educator: kelly.wolf@vayahealth.com. Each training is limited to 30 participants.

October 14, 2020—2020 CIDD “Virtual” Community Talk Series presents: “Growing up with Siblings with I/DD – a Panel Discussion”. 6:30 pm to 8 pm. Families of individuals with intellectual and developmental

disabilities have unique experiences We often hear about these experiences from the parent perspective while the unique experiences of neurotypical siblings in these families are overlooked Join us for a panel of siblings to learn from their point of view This diverse panel of siblings will teach us about their experience as a sibling of an individual with IDD their challenges, strengths, relationships, attitudes, and how they might have a different perspective than others. Register at <http://tinyurl.com/vyeac7p3>. At time of registration, you will receive a Zoom link to join the Community Talk Series. Virtual attendance certificates – Professional Development 1.5 credit hours – are available. Please direct any questions to Debbie Reinhartsen, Ph.D., CCC-SLP at debbie.reinhartsen@cidd.unc.edu.

October 14 and 15, 2020—ONLINE Wellness Recovery Action Plan (WRAP) Seminar One: 2-day—9 am to 3 pm- This class will be conducted online, requiring Internet, video and audio connection. WRAP® is an evidence-based self-management and recovery system developed by a group of people with mental health difficulties who struggled to incorporate wellness tools and strategies into their lives. There is no cost to attend. Click to register for this class. WRAP® is designed to: decrease and prevent intrusive or troubling feelings and behaviors; increase personal empowerment; improve quality of life; and assist people in achieving their life goals and dreams. What you'll learn: five key recovery concepts; how to make your own Wellness Recovery Action Plan®; and how to use and share your plan. Who should attend? Individuals living with mental health, substance use and/or intellectual/ developmental disability issues and their loved ones who want to create positive change in the way they feel or increase their enjoyment in life and individuals who want to increase their understanding of mental health recovery concepts, skills and strategies. To register contact member.relations@vayahealth.com.

October 15, 2020--10th Annual Regional Transition into Adulthood Conference—NC ABLE Accounts—12 pm – 1:30 pm. NC ABLE is a tax-advantaged savings program that allows people with disabilities to save and invest without jeopardizing SSI or Medicaid benefits. This program is truly a first-step, not available before, for many individuals with disabilities to gain financial independence. Now, thanks to NC ABLE, up to \$100,000 is excluded from countable resources, allowing individuals to save more than ever before. Best of all, account owners have access to their money when they need it most. <https://www.nctreasurer.com/divisions/nc-able>
<https://www.facebook.com/NCABLEProgram>
Mary Buonfiglio, Director, Supplemental Savings Programs, NC Treasurer Department. Registration will be required to attend! Registration link <https://rb.gy/dgtpyg>. For more information or a brochure contact Kerri.eaker@hcahealthcare.com or 828-213-0047.

October 15, 2020--10th Annual Regional Transition into Adulthood Conference—Connecting to Medicaid IDD Services and Supports—6:30 pm – 8 pm. The Medicaid Innovations Waiver supports Individuals with I/DD to live the life they choose. Waiver services are administered by a local management entity/managed care organization (LME/MCO) which facilitate services and oversee a network of community-based service providers. Join us to learn more!
Julie Davis, NCPSS, Family Partner, Member Relations Team, Vaya Health. Registration will be required to attend! Registration link <https://rb.gy/dgtpyg>. For more information or a brochure contact Kerri.eaker@hcahealthcare.com or 828-213-0047.

October 15, 2020—Coronavirus Relief Act 3.0--\$335 grant for eligible individuals—On September 4, Governor Roy Cooper signed into law the [Coronavirus Relief Act 3.0](#), which was passed by the North Carolina General Assembly. The law includes the Extra Credit Grant program to be administered by the North Carolina Department of Revenue. According to the law, the purpose of the program is to “use funds from the Coronavirus Relief Fund to help families with qualifying children in North Carolina by providing economic support to assist with virtual schooling and child-care costs during the COVID-19 pandemic.” **The grant amount is \$335.00 for each eligible individual.** NCDOR will award a grant to eligible individuals who report at

least one qualifying child (age 16 or younger) on their 2019 state individual income tax return; spouses who file a joint state return count as one individual. **Eligible individuals who have filed their state return do not need to take any action to receive the grant.** An individual who did not file a 2019 state tax return solely because the individual's gross income for the 2019 taxable year did not exceed the [state filing requirements](#) for the individual's filing status may apply for a grant. An applicant must meet the all requirements referenced in the law, including having at least one qualifying child age 16 or younger for the 2019 calendar year, to apply for the grant by October 15, 2020. This link will give you the requirements for applying and link to apply-- <https://www.ncdor.gov/extracredit#application-for-grant-award>. You can also download and print a mail in application.

October 15, 2020—The most powerful maneuver to end arguing and avoid power struggles—virtual training—6 pm to 6:30 pm. As a resource parent, if you would like to reach your potential, you must be intentional about personal growth and skill development. Our trainings are designed to help you apply simple strategies, so you can develop your skills, to become a more effective and fulfilled resource parent. You will learn how to build up your sense of purpose, as well as become more successful, in every area of your parenting life. So, plan to join Ron Stier and Joe Barkowitz each month, in your growth journey, to become the resource parent you are destined to be! Register at www.childrenshopealliance.org/events/ or email rwstier@childrenshopealliance.org for more information.

October 17, 2020—FACES Fall Support Group Series—Remote Education—9 am to 11 am. Although we can't come together in person right now, we want to keep our FACES families connected? Please join us virtually for our fall series of autism support groups for families of color. We look forward to seeing you! October's group will be to learn strategies and resources for supporting remote learning during COVID-19. Register at <https://bit.ly/316bVuN>. Questions email FACES at facesprogram@ncsu.edu.

October 19, 2020--10th Annual Regional Transition into Adulthood Conference—No Medicaid: Navigating Insurance – What You Need to Know—12 pm – 1:30 pm. Most parents feel like navigating health care insurance is a big, complicated job. Is this YOU? Joins us and let's break down the process together. To Be Announced. Registration will be required to attend! Registration link <https://rb.gy/dgtpyg>. For more information or a brochure contact Kerri.eaker@hcahealthcare.com or 828-213-0047.

October 19, 2020--10th Annual Regional Transition into Adulthood Conference—Guardianship and Estate Planning / Special Needs Trusts—6:30 pm – 8 pm. When should I consider guardianship for my child? When planning my estate, when should I consider a Special Needs Trust? Join us to get the questions answered and more! Cynthia Alleman, Attorney at Law. Registration will be required to attend! Registration link <https://rb.gy/dgtpyg>. For more information or a brochure contact Kerri.eaker@hcahealthcare.com or 828-213-0047.

October 22, 2020--10th Annual Regional Transition into Adulthood Conference—Vocational Rehabilitation for The Blind—12 pm – 1:30 pm. If you are blind or visually impaired Vocational Rehabilitation services can help you find a job, keep a job or return to work. You will work with a Vocational Rehabilitation (VR) Counselor who can help you obtain the services you need to find work or continue working. Gordon DeMarco, MS, Vocational Rehabilitation Counselor
Division of Services For The Blind. Registration will be required to attend! Registration link <https://rb.gy/dgtpyg>. For more information or a brochure contact Kerri.eaker@hcahealthcare.com or 828-213-0047.

October 22, 2020--10th Annual Regional Transition into Adulthood Conference—Adulthood Happens. Start Planning For It Now!—6:30 pm – 8 pm. Beginning at age 14, your youth's IEP will include a plan for their

Transition to Adulthood. Learn how you and the school can work together to prepare your youth for life after high school. Doreen Bryd, Parent Educator, Exceptional Children's Assistance Center (ECAC). Registration will be required to attend! Registration link <https://rb.gy/dgtpyg>. For more information or a brochure contact Kerri.eaker@hcahealthcare.com or 828-213-0047.

October 26, 2020--10th Annual Regional Transition into Adulthood Conference—Preparing for The Transition From Pediatric to Adult Health Care—6:30 pm – 8 pm. Parents are familiar with the many transitions their children experience as they grow. But what about the last visit to the pediatrician or the first visit to an adult doctor?

Many parents and youth do not consider this transition until it is suddenly upon them. Join us to start the planning process for this important transition in your youth's life. Rebecca T Putnam, MD, Director – MAHEC Adult IDD Clinic. Registration will be required to attend! Registration link <https://rb.gy/dgtpyg>. For more information or a brochure contact Kerri.eaker@hcahealthcare.com or 828-213-0047.

October 27, 2020—Question, Persuade, Refer (QPR) Suicide Prevention Online Training. 9 – 11 am. Suicide is a leading cause of death in the United States. During this global pandemic when fear, anxiety, and depression are heightened for many people, thoughts of suicide may be more common. It's critical to know about available support strategies. Vaya Health's Provider and Community Education Team is offering free, web-based Question, Persuade, Refer (QPR) suicide prevention trainings twice monthly through December 2020. To register for an upcoming QPR training, email Kelly Wolf, Provider and Community Educator: kelly.wolf@vayahealth.com. Each training is limited to 30 participants.

October 29, 2020--10th Annual Regional Transition into Adulthood Conference—Are You Thinking Work / Employment After High School—12 pm – 1:30 pm. Join Us to learn how The Division of Vocational Rehabilitation Services (DVRS) helps people with disabilities achieve their goals for employment and independence. If you have a disability that prevents you from achieving career success or independence in the community of your choice, DVRS can connect you to services and resources to help you meet your goals. Scott W. Smiles, M.Ed. Rehabilitation Counselor Supervisor, DVRS, Asheville Unit Office and Mindy McCormick, Transition Coordinator, Asheville High School. Registration will be required to attend! Registration link <https://rb.gy/dgtpyg>. For more information or a brochure contact Kerri.eaker@hcahealthcare.com or 828-213-0047.

October 29, 2020--10th Annual Regional Transition into Adulthood Conference—Are You Thinking Work / Employment After High School?--6:30 pm – 8 pm. Supported Employment Funding, Internship Options, Skill-Building Programs. Tim Bleicki, Project SEARCH and Carla Hill, Transylvania Vocational Services (TVS). Registration will be required to attend! Registration link <https://rb.gy/dgtpyg>. For more information or a brochure contact Kerri.eaker@hcahealthcare.com or 828-213-0047.

October 29 and 30, 2020—ONLINE Wellness Recovery Action Plan (WRAP) Seminar One: 2-day—9 am to 3 pm- This class will be conducted online, requiring Internet, video and audio connection. WRAP® is an evidence-based self-management and recovery system developed by a group of people with mental health difficulties who struggled to incorporate wellness tools and strategies into their lives. There is no cost to attend. Click to register for this class. WRAP® is designed to: decrease and prevent intrusive or troubling feelings and behaviors; increase personal empowerment; improve quality of life; and assist people in achieving their life goals and dreams. What you'll learn: five key recovery concepts; how to make your own Wellness Recovery Action Plan®; and how to use and share your plan. Who should attend? Individuals living with mental health, substance use and/or intellectual/ developmental disability issues and their loved ones who want to create positive change in the way they feel or increase their enjoyment in life and individuals who want to

increase their understanding of mental health recovery concepts, skills and strategies. To register contact member.relations@vayahealth.com.

November 10, 2020—SAVE THE DATE—Equity in Access, Services, and Outcomes for Children, Youth, and Families during COVID-19—2020 Virtual Mini-Conference—1 pm – 4:15 pm. Registration fee of \$50 per individual and \$45 for groups of 10 or more. Workshop themes and tracks: Tackling Mental Health Disparities for Children of Color or Mental Health, Substance Use, and Family and Peer Virtual Support Services that Work. Each workshop time period will feature workshops addressing the conference themes as well as topics such as peer support, family/youth leadership, co-occurring mental health/substance use disorders, trauma-informed services, etc. For more details and to register click this link: <https://www.ffcmh.org/2020-virtual-mini-conference>.

November 10, 2020—Question, Persuade, Refer (QPR) Suicide Prevention Online Training. 2:30 – 4:30 pm. Suicide is a leading cause of death in the United States. During this global pandemic when fear, anxiety, and depression are heightened for many people, thoughts of suicide may be more common. It's critical to know about available support strategies. Vaya Health's Provider and Community Education Team is offering free, web-based Question, Persuade, Refer (QPR) suicide prevention trainings twice monthly through December 2020. To register for an upcoming QPR training, email Kelly Wolf, Provider and Community Educator: kelly.wolf@vayahealth.com. Each training is limited to 30 participants.

November 12, 2020—SAVE THE DATE—Equity in Access, Services, and Outcomes for Children, Youth, and Families during COVID-19—2020 Virtual Mini-Conference—1 pm – 4:15 pm. Registration fee of \$50 per individual and \$45 for groups of 10 or more. Workshop themes and tracks: Tackling Mental Health Disparities for Children of Color or Mental Health, Substance Use, and Family and Peer Virtual Support Services that Work. Each workshop time period will feature workshops addressing the conference themes as well as topics such as peer support, family/youth leadership, co-occurring mental health/substance use disorders, trauma-informed services, etc. For more details and to register click this link: <https://www.ffcmh.org/2020-virtual-mini-conference>.

November 14, 2020—FACES Fall Support Group Series—Remote Education—9 am to 11 am. Although we can't come together in person right now, we want to keep our FACES families connected? Please join us virtually for our fall series of autism support groups for families of color. We look forward to seeing you! November's group will be to chat about safe dating for adolescents and young adults on the spectrum. Register at <https://bit.ly/2FE4Vok>. Questions email FACES at facesprogram@ncsu.edu.

November 17, 2020—Blue Ridge First in Families Team Management meeting—12 pm to 1 pm—Join the management team to share your story about how First in Families has helped you. Also, help make the program stronger. Interested contact Jody at jmiller@rapc.org.

November 19, 2020—7 verified parenting stress busters—virtual training--6 pm to 6:30 pm. As a resource parent, if you would like to reach your potential, you must be intentional about personal growth and skill development. Our trainings are designed to help you apply simple strategies, so you can develop your skills, to become a more effective and fulfilled resource parent. You will learn how to build up your sense of purpose, as well as become more successful, in every area of your parenting life. So, plan to join Ron Stier and Joe Barkowitz each month, in your growth journey, to become the resource parent you are destined to be! Register at www.childrenshopealliance.org/events/ or email rwstier@childrenshopealliance.org for more information.

November 24, 2020—Question, Persuade, Refer (QPR) Suicide Prevention Online Training. 9 – 11 am. Suicide is a leading cause of death in the United States. During this global pandemic when fear, anxiety, and depression are heightened for many people, thoughts of suicide may be more common. It's critical to know about available support strategies. Vaya Health's Provider and Community Education Team is offering free, web-based Question, Persuade, Refer (QPR) suicide prevention trainings twice monthly through December 2020. To register for an upcoming QPR training, email Kelly Wolf, Provider and Community Educator: kelly.wolf@vayahealth.com. Each training is limited to 30 participants.

December 8, 2020—Question, Persuade, Refer (QPR) Suicide Prevention Online Training. 2:30 – 4:30 pm. Suicide is a leading cause of death in the United States. During this global pandemic when fear, anxiety, and depression are heightened for many people, thoughts of suicide may be more common. It's critical to know about available support strategies. Vaya Health's Provider and Community Education Team is offering free, web-based Question, Persuade, Refer (QPR) suicide prevention trainings twice monthly through December 2020. To register for an upcoming QPR training, email Kelly Wolf, Provider and Community Educator: kelly.wolf@vayahealth.com. Each training is limited to 30 participants.

December 17, 2020—Little known ways to help you child make better decisions—virtual training--6 pm to 6:30 pm. As a resource parent, if you would like to reach your potential, you must be intentional about personal growth and skill development. Our trainings are designed to help you apply simple strategies, so you can develop your skills, to become a more effective and fulfilled resource parent. You will learn how to build up your sense of purpose, as well as become more successful, in every area of your parenting life. So, plan to join Ron Stier and Joe Barkowitz each month, in your growth journey, to become the resource parent you are destined to be! Register at www.childrenshopealliance.org/events/ or email rwstier@childrenshopealliance.org for more information.

December 22, 2020—Question, Persuade, Refer (QPR) Suicide Prevention Online Training. 9 – 11 am. Suicide is a leading cause of death in the United States. During this global pandemic when fear, anxiety, and depression are heightened for many people, thoughts of suicide may be more common. It's critical to know about available support strategies. Vaya Health's Provider and Community Education Team is offering free, web-based Question, Persuade, Refer (QPR) suicide prevention trainings twice monthly through December 2020. To register for an upcoming QPR training, email Kelly Wolf, Provider and Community Educator: kelly.wolf@vayahealth.com Each training is limited to 30 participants.

Stressed? Need to talk? Call 24/7. Fear and anxiety about COVID-19 can be overwhelming for adults, youth and children. Everyone has different stress responses that may include: feeling alone; irritable or feeling out of sorts; head, stomach or body aches; changes in sleep or eating patterns; difficulty concentrating forgetful; fear for your own health; worried about the health of your family or friends; increased use of alcohol, tobacco, or other drugs; feeling stuck, no time for self-care; or looking for ideas to stay calm and healthy. Hope4NC Helpline 1-855-587-3463. Find hope. Find help.

Community Needs Substance Use Assessment is being conducted by Down Home: Neighbors for Overdose Prevention and Education. Interested in taking the survey follow this link, https://docs.google.com/forms/d/1kAip-UOGAVYFLe8JPwm67a_WhKv97VCnc9rxM0UVK0Q/viewform?ts=5f3ef5d6&edit_requested=true.